

Foodnity Recipes

Grilled Chicken Broccoli Bowls with Creamy Garlic Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ lbs chicken breast, sliced into ½-inch strips
- [ ] 3 cups broccoli florets
- [ ] 1 cup cooked rice (white or brown)
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp mayonnaise
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] ½ tsp Dijon mustard
- [ ] Salt and pepper to taste

Creamy Garlic Sauce

- [ ] ½ cup Greek yogurt

Instructions

1. Preheat a grill pan over medium-high heat; brush the chicken strips with 1 tbsp olive oil, then season with salt, pepper, and a pinch of garlic powder.
2. Grill the chicken for about 4-5 minutes per side, until nicely charred and cooked through; set aside to rest.
3. Meanwhile, steam or blanch the broccoli until just tender-crisp, about 3-4 minutes; drain and pat dry.
4. In a bowl, whisk together Greek yogurt, mayonnaise, minced garlic, lemon juice, Dijon mustard, and a pinch of salt and pepper until smooth.
5. Assemble each bowl: start with rice, top with grilled chicken, arrange broccoli, then drizzle the creamy garlic sauce over everything.

Nutrition per serving

420 kcal	35 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a bit of heat, add a pinch of red pepper flakes to the sauce.
- For extra freshness, sprinkle some chopped parsley just before serving.
- Let the chicken rest for 2-3 minutes after grilling to keep it juicy.